

Peanut: A Poor Man's Super Food That is Packed With Nutrition

Peanuts, a legume first cultivated by the Incan Indians in 2,500 B.C., are so dense with nutrition, they may be considered a “super food.” Besides potassium and mono-unsaturated fat that both provide energy, peanuts other benefits include:

- High in protein [27%, needed for tissue repair]
- A source of dietary fiber
- 13 Vitamins [including A, B group, C and E] and 26 minerals including calcium and iron
- The fat in peanut butter is used for making hormones and vitamin D

Note: In 1921, scientist George Washington Carver [one of America's most famous black scientists] was given ten minutes to speak to Congress about the peanut—on behalf of the Peanut Growers Association. Members of Congress were so fascinated with his talk, he spoke for an hour and a half.

Peanuts Are Subject to Mold

Aflatoxin is a metabolite produced by two species of mold [aspergillus flavus and aspergillus parasiticus] that form on peanuts and several other foods. Contamination depends on agricultural practices and the susceptibility of food to fungus during storage and processing.

Peanut Allergy

As acupuncturist Heidi Hawkins explains in an article titled, “Mold Allergy” written for the April, 2004 edition of

Acupuncture Today magazine, peanut allergy is nearly always an allergy to aflatoxin. She explains that this toxin is formed on peanuts, corn, wheat, soy, tree nuts, oil seeds and sorghum. Aflatoxin is sometimes measured in milk excreted by cows fed moldy feed.

Prevention of the Formation of Aflatoxin

Prevention of the formation of aflatoxin relies on avoidance of contamination after harvest using rapid drying and good storage practices. Lots of contaminated peanuts can be detected and sorted with electronic equipment.

How Prevalent is Aflatoxin?

In countries that carefully inspect imported food, very low levels of aflatoxin have been reported. In Japan, inspections for aflatoxin in 1999 and 2000 indicated that 6.9% of 5,108 samples were contaminated with aflatoxin at levels ranging from .2 to 760 $\mu\text{g}/\text{kg}$ [Note: μg or mcg is an abbreviation for microgram which is one millionth of a gram].

Buy High-Quality Peanut Butter

Cheap, supermarket peanut butter is much more likely to contain aflatoxin than better brands. Look for high-quality peanut butter in the natural foods sections of supermarkets or health food stores.

More Fine Tuning with a Blood Type Diet

In 1996, Dr. Peter J. D'Adamo put a new twist on dietary guidelines when he published *Eat Right For Your Type*, a book that correlates a body's chemical reaction to food proteins with blood type. I have discovered that patients who are not all that successful with the *Zone* diet often find success if they add Dr. D'Adamo's guidelines for blood types that